

**Amendments to the Claims:** This listing of claims will replace all prior versions, and listings, of claims in the application

Listing of Claims:

1. (Cancelled)
2. (Cancelled)
3. (Cancelled)
4. (Cancelled)
5. (Cancelled)
6. (Currently Amended) A balance training device for a user to maneuver by balancing the user's weight on the device, comprising a board and ~~a single~~ only one substantially spherical balancing insert, the balancing insert having a circumference, the board comprising an upper surface and a lower surface, wherein the lower surface comprises a concave region extending into the board from the lower surface toward the upper surface whereby the apex of the concave region is disposed between the lower surface and ~~below~~ the upper surface, the concave region adapted to receive the balancing insert, whereby the board rides over the balancing insert, and wherein ~~the upper surface is adapted to permit the user to distribute the user's weight to any position on the upper surface and~~ the concave region encompasses an area greater than an area defined by the circumference of the balancing insert.
7. (Original) The balance training device of claim 6 wherein the concave region encompasses between about 15% and about 95% of the lower surface area.
8. (Original) The balance training device of claim 6 wherein the concave region comprises a substantially oval shape.
9. (Original) The balance training device of claim 6 wherein the concave region comprises a substantially circular shape.
10. (Original) The balance training device of claim 6 wherein the concave region comprises a substantially rectangular shape.

11. (Original) The balance training device of claim 6 wherein the board further comprises a securing device adapted to secure the balancing insert to the board.
12. (Cancelled)
13. (Original) The balance training device of claim 6, further comprising a platform having a convex top surface and a substantially flat bottom surface, said balancing insert riding on said top surface.
14. (Original) The balance training device of claim 6, further comprising a platform having a concave top surface and a substantially flat bottom surface, said balancing insert riding on said top surface.
15. (Withdrawn) A surfboard accessory adapted for placement on a surfboard, the surfboard comprising an upper surface and a lower surface, the accessory comprising: (a) a substantially flat surface adapted to removably affix to the lower surface of the surfboard; and (b) a concave surface opposite the flat surface, wherein the concave surface is adapted to receive a substantially spherical balancing insert.
16. (Currently Amended) A method for exercising comprising:
  - A. providing a board comprising an upper surface and a lower surface, wherein the lower surface comprises a concave region extending into the board from the lower surface toward the upper surface whereby the apex of the concave region is disposed between the lower surface and below the upper surface;
  - B. placing a single substantially spherical insert on a flat surface, wherein the balancing insert has a circumference;
  - C. positioning the board on said substantially spherical insert whereby the concave region receives said substantially spherical balancing insert and the board rides on said spherical balancing insert and the concave region encompasses an area greater than an area defined by the circumference of the balancing insert; and

D. mounting on said board and maneuvering the board over the balancing insert, ~~wherein the upper surface of the board is adapted to permit the user to distribute the user's weight to any position on the upper surface.~~

17. (Original) The method of claim 16 wherein the step of placing the spherical insert on a flat surface further includes placing a platform having a top surface on said flat surface and placing the spherical insert on said top surface of said platform.

18. (Original) The method of claim 16 wherein the step of providing a board includes providing a plurality of boards each having a different concave region each of said concave regions and spherical inserts corresponding to a different degree of balancing difficulty and there is further included a step of selecting one of said boards and spherical insert combinations to obtain a desired level of exercise difficulty.

19. (Original) The method of claim 18 further comprising sequentially increasing the method difficulty by selecting boards with gradually increased surface area in the concave region.